



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

Detailed evaluation

Karsupke, Frank

Club: Kanu Altenburg
Number: 180

Course: 42.20 km
Marathon

Category:
Männer M45

Total time: 5:05:32

Speed: 8.29 km/h
Running performance: 7:14 min/km

Rank in course/Total: 193 (of 305)

Rank in course/Men: 182 (of 279)

Best time in course: 3:13:29

Rank in category: 31(of 61)

Best time in the category: 3:13:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men							
1. Runde	10.55	1:09:18	6:34	46	20:23	232	26:18	10.55	1:09:18	6:34	4	10:43	198	17:39
2. Runde	10.55	1:13:04	6:55	39	25:57	190	26:46	21.10	2:22:22	6:44	4	15:59	197	43:36
3. Runde	10.55	1:18:06	7:24	31	26:48	169	29:08	31.65	3:40:28	6:57	3	16:27	185	1:10:24
Finish	10.55	1:25:04	8:03	32	1:23:08	178	1:24:32	42.20	5:05:32	7:14	34	1:52:03	199	3:35:49